



## News Release

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### **Governor Huntsman Declares Trails Week in Utah**

*Walking may be the most important thing Utahns can do for long-term health*

(Salt Lake City, UT) – Governor Jon Huntsman, Jr., the Utah Department of Health (UDOH) and Utah Trails and Pathways today declared Utah Trails Week as June 4 through June 11. National Trails Day is Saturday, June 4 and kicks off a week of walking, hiking, and biking activities throughout Utah.

"Hiking and biking are two of my favorite activities," said Governor Huntsman. "We, in Utah, are lucky to have so many excellent trails for hiking, biking, walking and running that sometimes we take them for granted. Hopefully, this designation will remind people to take advantage of the opportunities, while having fun and getting exercise at the same time."

Physical activity, combined with good nutrition, can be a significant factor in helping to lose or maintain body weight. More than half (56%) of all Utah adults are either overweight or obese. One in four of Utah's elementary school children are already at risk for becoming overweight adults. The consequences of that extra weight can be tragic. A recent study found that Utah was ninth highest in the nation for overweight and obesity contributing to death.

"The Department of Health is doing several things to encourage people to eat healthy foods and get regular physical activity," said Dr. David Sundwall, Executive Director, UDOH. "If all of us would do this it would help set the stage for a lifetime of health and

prevent, or at least delay many illnesses, such as heart disease, stroke, type II diabetes, cancer and arthritis.”

Simply walking on a neighborhood trail is an inexpensive and easy way to get the recommended 30 minutes a day of physical activity. “Walking may be the single most important thing anyone can do for their long-term health,” said Sundwall.

Communities throughout the state are commemorating Trails Week by staging events that highlight the many urban pathways and wilderness trails in Utah. For a complete listing of Utah trails events, visit [www.americanhiking.org](http://www.americanhiking.org) and click on “National Trails Day.”

Utah Trails Week is in collaboration among the Alliance for Cardiovascular Health in Utah, Utah Trails and Pathways, and Utah Department of Health. For more information about the Alliance and its partners, getting involved in your community, or how to include more physical activity in your lifestyle, visit [www.hearhighway.org](http://www.hearhighway.org). You can find maps of urban trails at [www.utahwalks.org](http://www.utahwalks.org).

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*